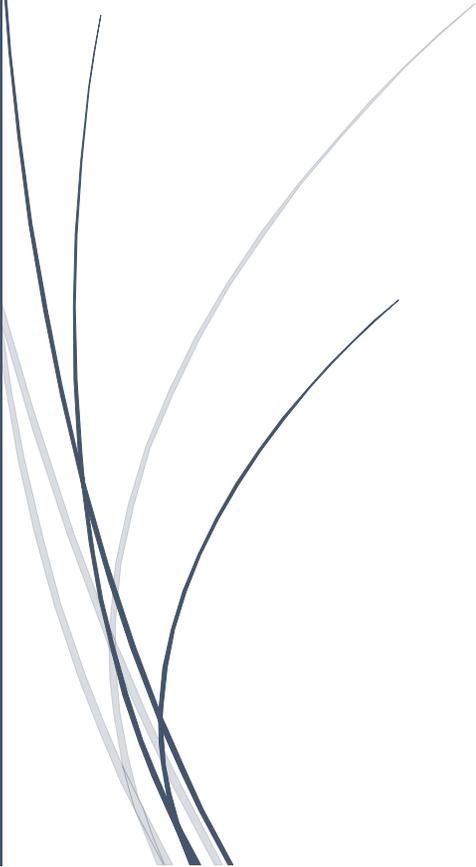


CANAM INTERVENTIONS

Mental Illness



"Change your thinking and your body will follow."

If you are feeling overwhelmed and have been for a long time, there are 10 ways to change your thinking to lighten the stressful load you've been carrying and finally give yourself a break.

If you woke up tomorrow morning and could start over, what are some things that you would toss out your life right now, what would they be?

1. Get rid of the need to please and think of the opposite ways to live your life.
2. Stop feeling like you need to explain yourself. Debating and explaining on causes more grief.
3. Don't feel the need to reply immediately to everything (hello, to emails taking over your life!). Take a moment – and regroup – wait until you don't have to respond.
4. Let yourself be unavailable when you need to be. It's OK to say "no" ... Feel the power of NO
5. Cast away the thought that you need X to be successful. Why is it we often feel that ONE thing has the power to make or break us? It's simply not true. There's always another opportunity.
6. Get rid of the desire to show yourself off. You are enough as you are. There are people that will see you for who you are without having to prove anything.
7. Stop trying to be accepted by everyone. Not everyone is going to accept you and that's OK. Our job is to accept that.
8. Remember that you don't need to know every detail. There's a mystery to the way life works. You might as well embrace it.
9. Toss out the need to be "good" or "perfect." It's OK to mess up. It's OK for someone to see you become a little crazy. It happens to all of us.
10. Stop holding onto the stress of feeling you are responsible to hold up everyone around you. Trust that there is a greater force helping them. Helping and supporting others is wonderful. But the moment it causes stress is a signal to let go. Trust that they will be supported just as you are supported by a greater life-force.

Practical Exercises:

- Tossing out the heaviness and the stress that weighs us down is the easiest way to feel light and free again. In lightness and freedom comes a sense of openness, expansiveness, and newfound energy.
- It is with this awakened energy that we can actually do better work and end up helping more people.
- Feel good, and create a greater impact. Take some time today and make a list of 5 to 10 things that you want to let go of.
- Write them down and start tossing them out one at a time.
- Breathe in the lightness, freedom, and awakened energy that you'll receive when you clear out the clutter in your life. You deserve it.